

I am right where
I need to be.

I shower myself
with compassion.

I embrace positive
thoughts.

I have a lot
to offer.

I won't apologize
for being me.

I deserve to
be happy.

I am resilient.

My goal is
progress, not
perfection.

I have much to
celebrate.

I am beautifully
unique.

I shine like a
diamond.

I love who I am.

My body is my
friend.

My body does
amazing things.

Confidence makes
me powerful.

My body deserves
love.

I release all shame
about my body.

Life does not begin
at my goal weight.